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Your essential daily news | TUESDAY, AUGUST 2, 2016

High 24°C/Low 11°C Mostly sunny

Members of the Chinese Society of Nova Scotia dance in the parade on Monday. JEFF HARPER/METRO

B-DAY DANCE

Dartmouth parade among the many ways Halifax celebrated Natal Day — 121 years young

metroNEWS

Hotline for complaints cooling off

ACCOUNTABILITY

**TIPS calls down
by 43 per cent
from 2011-2015**

**Alexander
Quon**
For Metro | Halifax

Five years after its implementation, a hotline designed to capture complaints of political waste and fraud in Halifax Regional Municipality is receiving a drop off in calls.

An analysis of data from five annual reports on the Taking Improvement & Performance Seriously (TIPS) hotline indicates that the number of calls has decreased by 43 per cent from 2011 to 2015.

The office of Halifax Auditor General, Larry Munroe, operates the anonymous hotline. An independent member of the municipality, his role is to hold city council and administration ac-

countable. Halifax is the only city in Atlantic Canada to have an Auditor General, and seven years after becoming HRM's first and only person to hold the position, Munroe will be leaving his post in September.

One of the programs introduced early in Munroe's tenure was the TIPS hotline, which has received support from citizens and city officials alike.

"Sometimes having things that are anonymous allows people to provide more information," said Coun. Jennifer Watts, who represents Peninsula North.

Programs like TIPS are common in major cities throughout Canada but are often referred to as fraud and waste hotlines.

"The (TIPS) acronym is something that we developed," Munroe said. "I didn't like the tone that implied it had to be a call about fraud or waste."

More coverage, page 6



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SHEET HARBOUR

RCMP investigate suspicious death



**Zane
Woodford**
Metro | Halifax

Nova Scotia police are investigating the suspicious death of a 21-year-old man in Sheet Harbour. Police say they responded to a 911 call in the 22,000 block of Highway 7 just after 2 p.m. on Sunday, and found the young man "unresponsive" at the scene.

"I don't know who pronounced him, but he was definitely deceased when police arrived," RCMP spokesperson Cpl. Jennifer Clarke said in an interview on Monday.

Clarke had no further details on the death, other than to say police are treating it as suspicious. Police are asking anyone with information to contact them or Crime Stoppers.

ASSAULT

Panhandler robbed, attacked Saturday



**Kristen
Lipscombe**
Metro | Halifax

Halifax Regional Police are investigating after a panhandler was attacked and robbed Saturday evening in Halifax.

Police officers noticed that a man who was panhandling

at Robie Street and Quinpool Road "was injured and covered in blood" when they came across him at about 6:30 p.m., according to a news release issued Monday morning.

The robbery took place on the 2000 block of Brunswick Street, he told police, adding his cell phone and cash were taken.

GOTTINGEN STREET

Man, 24, injured in north-end stabbing

A 24-year-old man ended up in hospital for treatment of what are believed to be non-life-threatening injuries after being stabbed during the early morning hours Sunday in north-end Halifax.

Officers responded to the 2300 block of Gottingen Street "in relation to a stabbing" just before

4 a.m., a Halifax Regional Police news release issued said.

Police believe the man had been involved in "a verbal exchange" with two other men before being stabbed. Anyone with information is asked to call Halifax Regional Police at 902-490-5016. KRISTEN LIPSCOMBE/METRO

Province sees 38 per cent rise in insolvency

ECONOMY

Expert points to layoffs, aging population, 'Alberta effect'



**Haley
Ryan**
Metro | Halifax

A spike in Nova Scotians filing for insolvency this year is the largest one experts can remember.

New numbers from the Office of the Superintendent of Bankruptcy Canada (OSB) show there was a 38.4 per cent increase in the number of consumer insolvencies filed in this province between May 2015 (414) and May 2016 (573).

Derek Cramm, MNP Ltd. senior vice-president and Licensed Insolvency Trustee, said in an interview Friday the jump is likely due to the "Alberta effect," which is seeing Nova Scotians coming home after getting laid off in western Canada, due to the drop in oil and Fort McMurray fires.

"They're without that cash flow all of a sudden and they have loans, car loans, lines of



Pumpjacks pump crude oil near Halkirk, Alta., June 20, 2007. THE CANADIAN PRESS - FILE

credit," Cramm said.

"A lot come them come back home ... and not obviously making the same money, and not able to service those debts."

Cramm said he "can't recall" ever seeing that big of a jump in insolvency numbers, but added it's probably a sign of the times due to the economy, as well as the province's aging population.

A lot of them come back home not able to service those debts.

Derek Cramm, on people laid off in the west

Nova Scotia has the highest number of seniors per capita, and Cramm said many older people file for insolvency after retiring on a fixed income and still having to manage debt.

When someone files under the bankruptcy legislation two things can happen, Cramm said: outright bankruptcy or a consumer proposal, which is a settlement with creditors.

The number of proposals has also been rising over the past few years, Cramm said, which is actually a good thing.

"It's a win-win ... because at the end of the day, the creditor

would end up with more of a recovery than if the individual filed bankruptcy," Cramm said, and the debtor can have up to five years to pay the settlement.

Once it's paid, the record stays at the credit bureau for only three years, so it's a "more positive effect" for someone's credit since they've never technically declared bankruptcy, Cramm said.

Although Cramm said dealing with large debt loads is a very stressful and personal thing, it's always best to get an expert opinion, and consultations are usually free.

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PLAINTIFF

- and -

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DEFENDANTS

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A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Prothonotary's Office and may be inspected during business hours.

Date of Sale: August 25, 2016

Time of Sale: 10:00 o'clock in the forenoon.

Place of Sale: The Halifax Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia

Terms: Ten per cent (10%) deposit payable to BoyneClarke LLP, in trust by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

Signature

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I, Andrew Rankin
BOYNELLA
1800-1801 Holis Street
Halifax, NS B3J 3N4
Telephone: 902-423-6361/Fax: 902-420-9326
1125-1066946/csm

Joshua J. Santimaw, BoyneClarke LLP,
Barrister and Solicitor

5

THINGS COMING TO HALIFAX REGIONAL COUNCIL

Council will debate how big the Halifax logo should be on signs, along with a name for the coming Dartmouth 4-Pad Arena, commuter rail and more on Tuesday.



**Zane
Woodford**
Metro | Halifax

1 Atlantic Agricultural Fair wants \$100,000

At Halifax regional council's Tuesday meeting, Deputy Mayor Matt Whitman will make a motion for a staff report on a \$100,000 funding request from the Atlantic Agricultural Fair, set to take place in Halifax in October. "Canadian fairs and exhibitions are a billion dollar industry," Whitman's motion reads. "The AAF has the potential to grow the agricultural sector as well as the local food, beverage and (culinary) tourism economy for Atlantic Canada."



METRO FILE

2 Via Rail proposal back behind closed doors

Via Rail's proposal for commuter rail in Halifax regional municipality will be before all of regional council during the in camera portion of Tuesday's meeting. Council's Transportation Standing Committee recommended last month that council direct staff to further explore the unsolicited proposal from Via. Coun. Tim Outhit said after that meeting that he hopes council will direct staff to enter into negotiations with Via.



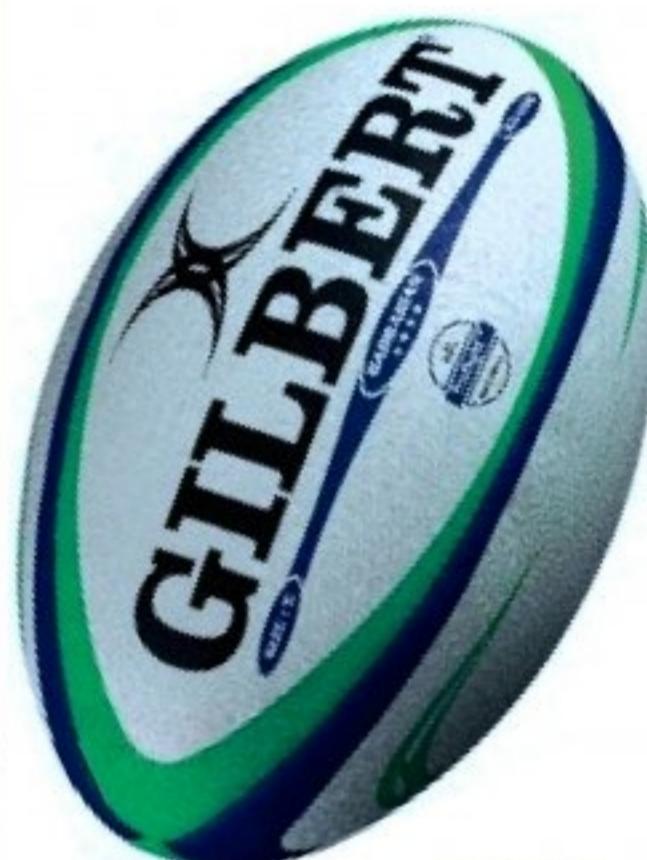
METRO FILE

3 Halifax-Dartmouth sign debate

That's the question councillors will surely have something to say about on Tuesday, when a report will be debated that recommends a smaller Halifax logo on municipal signage than the current one, which would mean "a better balance between the size and placement of community/asset names and the brand name of the region." The report was tacked on to last week's agenda as an information item, but Coun. Gloria McCluskey asked that it will be up for debate this week. McCluskey told Metro last week that the report doesn't go far enough in addressing the concerns of her residents.

4 No permanent rugby field at Graves Oakley

Staff at Halifax Regional Municipality are recommending against making a permanent rugby facility at the Graves Oakley field in Spryfield, saying that doing so would exclude other sports like soccer, football and ultimate Frisbee. The report comes after last year's 2015 Canada versus Glasgow Rugby event, which had to be held at Graves Oakley after the Wanderers Grounds in Halifax — where the event was planned to take place — were deemed unsafe for play.



CONTRIBUTED

5 Dartmouth 4-Pad Arena gets a name

The yet-to-be-built 4-Pad Arena in Dartmouth could have a name after Tuesday's meeting of Halifax regional council. Municipal staff are recommending council name the arena the "Harbour East Recreation Campus." Staff are also recommending that the municipality continue to explore selling naming rights to the facility, which could mean that the name of a bank or other corporation ends up before that name.

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Natal Day Fun

A look at how Haligonians celebrated our city's 121st birthday Monday at this year's parade in Dartmouth.

JEFF HARPER METRO



1 Costume fun

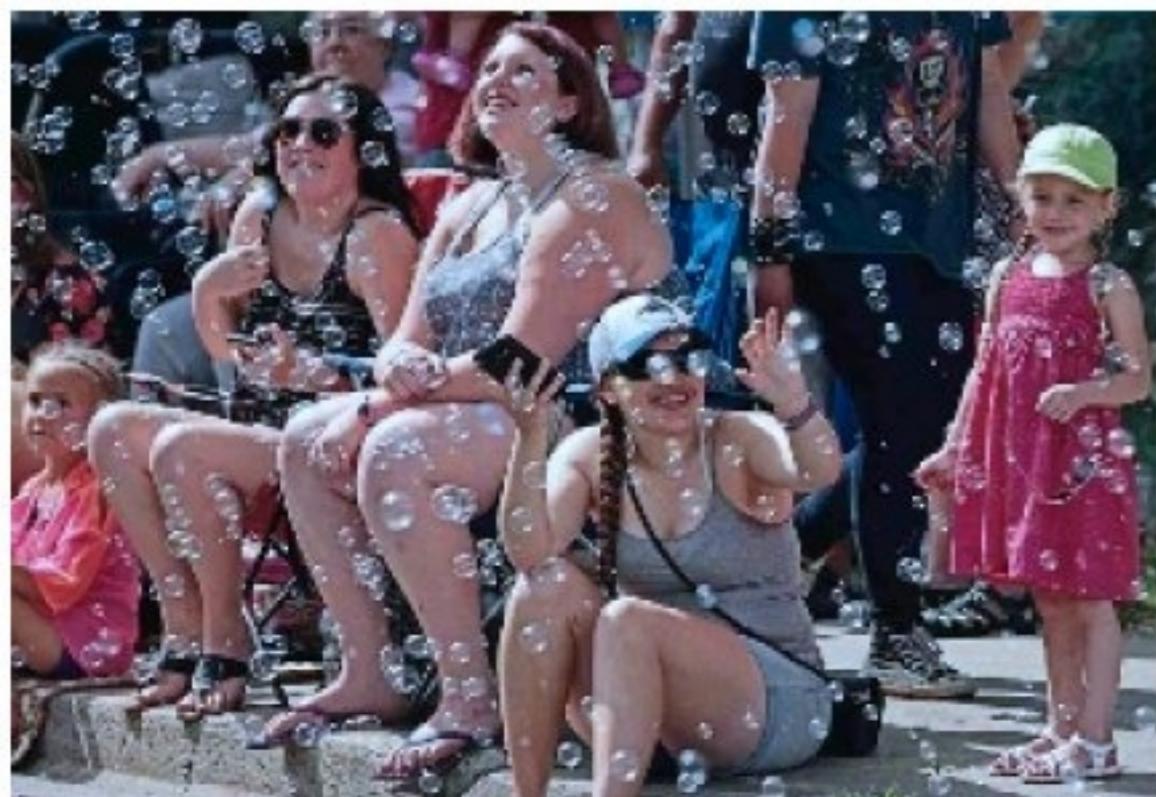
Members of this Hal-Con entry were dressed as super heroes.

2 Wild fun

Members of the Chinese Society of Nova Scotia dance a colourful dragon around for the crowd.

3 Whimsical fun

The crowd along Alderney Drive in Dartmouth watches bubbles from one of the floats Monday during the annual Natal Day Parade.



4 Metaphoric fun

A few artistic entries were part of the parade this year, including this "sweeping it under the rug" performance.



HALIFAX HEROES Ordinary people doing extraordinary things

MUSIC

Jazz festival executive director leaves on a high note

Yvette d'Entremont
Metro | Halifax

The executive director of the Halifax Jazz Festival is a well-known presence on the east coast music scene and will soon be leaving the city to take on what she calls "the job she's always wanted."

This September, she'll become the new producer of NAC Presents at Ottawa's National Arts Centre.

But prior to her departure, those who've benefitted from her volunteerism here in Halifax nominated her as a "rock star" volunteer whose contributions to the local music community are "staggering."

Among her many initiatives, Gibson founded the In the Dead of Winter Music Festival in 2005 and co-founded the Company House in 2009 to serve as a venue for young local musicians.

She was also heavily involved with the East Coast Music Association (ECMA). In 2009, she was asked to join the organization's board of directors. From there, she became treasurer and then chairwoman of the board from 2010 to 2015.

"I've always had a passion for developing artists and art, particularly from this region, and the ECMA seemed like a really good opportunity to try and elevate some of what we're doing," she said in a



Halifax Jazz Festival executive director **Heather Gibson**. TIMOTHY RICHARD/CONTRIBUTED

recent interview.

"There was a time when I was chair that there wasn't an executive director so that was pretty heavy times for

how much time it took. It was probably close to another part-time job. There were times there were 10 or 20 hours a week."

Gibson said because she has such a passion for it, and because she works for herself, she was more than happy to help.

“It was all very rewarding, and I guess in a way I don't even think about how much time went into that. It needed to get done and so we did it. **Heather Gibson**

"It was one of those things that took up a lot of my time but I'm very happy for it. I met great people through that," she said.

"It was all very rewarding, and I guess in a way I don't even think about how much time went into that. It needed to get done and so we did it."

Dean Stairs, chairman of the East Coast Music Association's board of directors, said Gibson's term as chairwoman for the board of directors was instrumental.

"(She) served as the chair of the board of directors for the East Coast Music Association during four years of difficult and transitional evolution. Her vision, clarity of thought and communication, as well as her ever present keen sense of humour made her time as chair of the board extremely successful and in many ways transformed the Association into a modern, progressive and inclusive organization," Stairs said in an email.

"The east coast will miss her dynamic and spirited leadership. We wish her all the best in her new role and we look forward to seeing her again when she's back this way."

Prior to her paid position as executive director of the Halifax Jazz Festival about six years ago, Gibson was a volunteer for at least three years before that. She fondly recalled starting out as a volunteer in the festival's bar, which she said was always busy.

"You worked about 100 hours ... That was back when we were doing 10 days ... It was a concentrated thing and I really enjoyed it," she said.

She became the festival's executive director after filling in for a maternity leave and said what she'll miss most are the people.

"The best thing about the jazz festival for me are the people who have been volunteering there since it started... The dedication of the people working that event is really remarkable," she said.

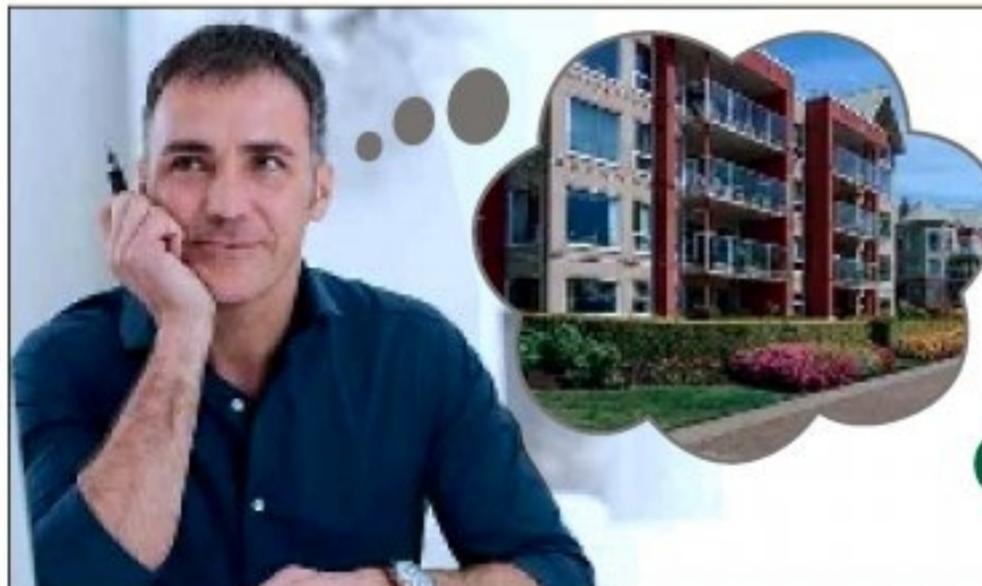
"They're all there for the right reasons. They're having a good time and wanting to bring an event like that to the city. That's something that I will miss. Leaving the jazz festival is this family of about 80 core people ... that'll be difficult to replace."

+ NOMINATIONS

Do you have someone to nominate?

Each Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes.

To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or [Tweet @metrohalifax](https://twitter.com/metrohalifax) using the hashtag **#Halifaxheroes**



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Transport received most TIPS to hotline

COMPLAINTS

City's auditor general hopes program will continue

Alexander Quon
For Metro

Few calls made to the TIPS hotline between 2011 and 2015 were discovered to involve illicit or even improper conduct, according to Halifax Auditor General Larry Munroe.

During that time period, there were a total of 222 calls made, according to data from five annual reports on the Taking Improvement & Performance Seriously (TIPS) program.

The unit that received the highest number of complaints was Transportation and Public Works, which had 41, or 18 per cent, of the total calls in five years.

Out of all the departments that had recorded data for all five years, Legal had the fewest number of complaints, with two.

Munroe refused to comment on the nature of any of the calls or if they have affected changes to programs within Halifax Regional Municipality. He said that in order for the program to work, it



Halifax Auditor General Larry Munroe. METRO FILE

requires complete anonymity.

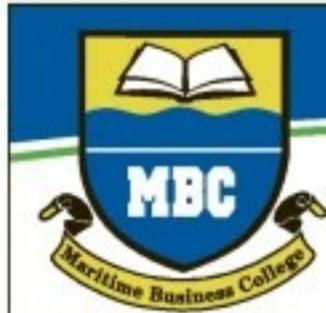
"We don't ever talk about anything with the hotline," Munroe said in a recent interview. "Anything ever published is exactly as it is in the reports you're able to see

right now."

Munroe said that while he considers the program to be an absolute success, he did think it would be more active than it is. However, when Munroe leaves in September,

he hopes that his successor chooses to continue TIPS.

"For what (the Office of the Auditor General) put into the program," he said, "we're very pleased with what we've gotten out of it."



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INVESTIGATION

Police on hunt for robbery suspect

Halifax Regional Police are looking for a man who robbed a business early Saturday morning.

At about 12:30 a.m., a man entered a business located in the 5700 block of West Street in Halifax. He approached the lone staff member, produced a handgun and demanded money. He obtained an undisclosed amount of cash and then exited the business. The staff member was not injured.

Police say the man was seen running west on West Street where he entered a car and fled the area. The vehicle is described

as white and mid-sized with four doors.

The suspect is described as a white man in his early 20s. He is about five-foot-nine with a slim build. He was wearing a dark grey hoodie at the time of the robbery.

Police say there have not been any arrests made at this time and the incident is being investigated.

Officers ask that anyone with information on this robbery contact Halifax Regional Police or Crime Stoppers.

METRO

IN BRIEF

Man dead following Sea Doo accident on river

A 44-year-old man is dead after an accident on a Sea Doo on the Mira River Friday afternoon in Cape Breton.

The Cape Breton Regional Police were called to the scene at 1070 Grand Mira South Rd. on Juniper Mountain at about 2:20 p.m.

In a news release, police said paramedics attempted to revive the man but he was later pronounced dead from a "possible drowning."

The police haven't released a name pending notification of next of kin.

Witnesses told police that at the time of the accident the man was riding on the Sea Doo with his sister.

The woman suffered minor injuries and was transported to the Cape Breton Regional Hospital for treatment. CAPE BRETON POST

Dartmouth man charged in rash of shoplifting cases

Police have arrested a 22-year-old Dartmouth man in connection with a string of grocery store shoplifting incidents.

In a media release Friday, Halifax Regional Police said that between July 5 and 28 they responded to 11 separate incidents of shoplifting at two different Atlantic Superstore locations.

In all 11 incidents, a man left the store without paying for a number of items. In most of these cases, he took a large number of DVDs. On one occasion he took a few sets of earphones.

At about 10:40 p.m. on Thursday night, police said they arrested Joseph Charles LeRoy, 22, at a residence on Greenoch Drive in Dartmouth. METRO

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Ready, set — Pokémon Go

COMMUNITY

Game helps Haligonians old and new discover city



Rebecca Dingwell

For Metro | Halifax

As a newcomer to Halifax, Elise Jordan-Robichaud wanted to use Pokémon Go as an opportunity to meet some fellow players.

"I don't know all that many people (here)," said Jordan-Robichaud, who moved from Sherbrooke a couple months ago.

"So I thought it would be good to meet some people with a common interest, like Pokémon Go."

Jordan-Robichaud was part of a small group that gathered at Argyle Fine Art on Saturday. The gallery was co-ordinating Halifax's first group Pokémon

hunt in an effort to get Haligonians out and about in the downtown area.

Jordan-Robichaud has only been playing the game for a few days, but she already loves it. As a child, she was a big fan of the Pokémon game she played on her PC.

"Another thing is that I get to explore parts of the city that I probably wouldn't normally go to," said Jordan-Robichaud. "I think it's really great."

Joe Mader — the gallery's Pokémon trainer of sorts — took the group on a walking route downtown. He was there to give pointers to newbies or those having trouble with the game.

Mader compared Pokémon Go to geocaching: a sort of scavenger hunt which uses a GPS.

"With Pokémon Go, it's kind of the same thing," he said. "You go around to all this different stops and discover places you might not have been, or been before and forgot about."

Although he didn't grow up the original Pokémon games,



Pokémon Go enthusiasts on the hunt around Blowers Street in Halifax on Saturday. REBECCA DINGWELL/FOR METRO

Mader said the current game crosses generations.

Many people who were around for the initial Pokémon

rage in the mid-'90s can now share it with their kids.

"It's not a difficult game to play. You don't need any-

thing special, you just need your phone."

Jordan-Robichaud agreed, noting that it can help curb

anxiety and encourage people to exercise.

"Everyone can play, whether you're a Pokémon fan or not."

INTERNATIONAL COMPETITION

B-ball tourney comes to town

Will Strickland feels basketball is about more than physical skills — it's about using your brain as well.

"Most of the time, it's the smartest (who wins)," Strickland said, sitting by the Oxford School basketball court.

Strickland was the host of the Full Court 21 Canada tournament, which made a stop in Halifax for the first time on Saturday.

The games are free-for-all with six players and no teammates. As Strickland puts it, "It's you against the world."

"Different skill levels, different ability — and you test your-

self in that way," he explained. "This is like the essence of when you first start to play basketball outside instead of being in your backyard playing off the garage."

Strickland decided to dedicate the Halifax games to Tyler Richards, a former member of the Halifax Rainmen who was killed in April. He remembered meeting Richards for the first time in 2009, when they played the Black Invitational Basketball Tournament together.

"We won the whole thing," recalled Strickland. "He was the MVP of the tournament that year."

Strickland contacted Rich-

ards' family before arriving in Halifax, and he felt using the tournament to honour him was a "no-brainer."

"He was always, from my understanding, a really giving and kind kid," said Strickland.

Strickland hopes Full Court 21 will be a sustainable event in Halifax and the rest of Canada. The games are open to everyone, but the majority of players in the country are men over the age of 18. If enough women express interest, they will be able to set up a women-only division in Canada, as they have in New York.

"It's about encouraging being outdoors. It's summertime and I think kids get too used to the notion that everything has to be in a controlled environment inside a gym," said Strickland.

There is some control to the tournament, though. Unlike traditional outdoor basketball, there are referees. Strickland explained it's to partially discourage players from getting too physical.

"We don't encourage or endorse violence in the least."

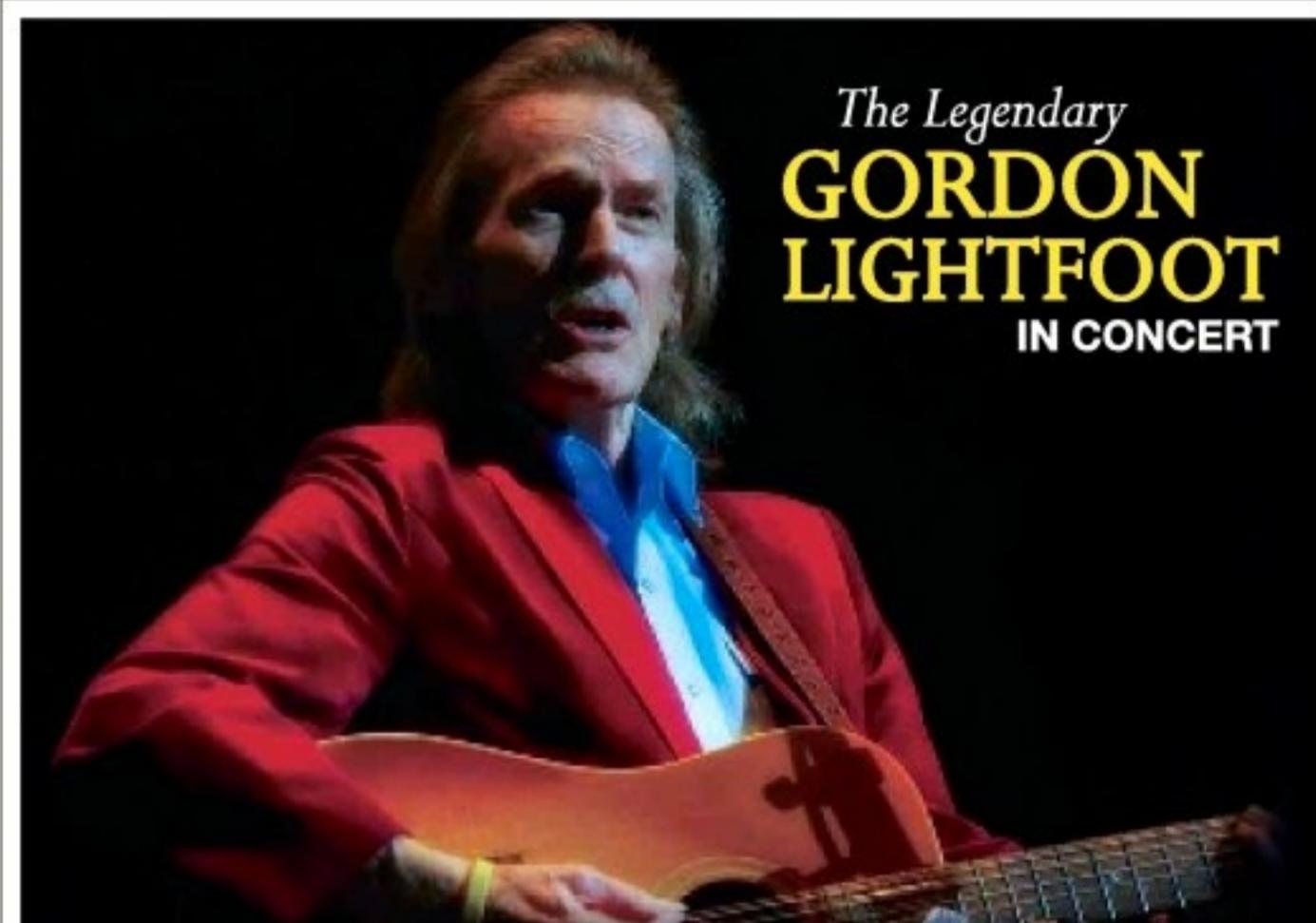
Things can get competitive, as Full Court 21 is an international tournament, with winners heading to New York City for the world finals.

"They want to be the king of the court," said Strickland.

REBECCA DINGWELL/FOR METRO



Players compete at the Full Court 21 tournament at Oxford School winners have a shot at going to the world finals in New York City. REBECCA DINGWELL/FOR METRO



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Fort Mac hit by flooding

NATURAL DISASTERS

Emergency ops underway two months after wildfire

 **Brodie Thomas**
Metro | Calgary

Fort McMurray hasn't seen a plague of locusts yet, but it can add flooding to the list of natural disasters it has experienced this year.

Low lying parts of the city saw flooding after a day of heavy rain on Sunday, causing the city to activate its emergency operations centre.

Dennis Morais lives in the community of Gregoire, in the city's southwest. While his home wasn't directly affected, he drove down for a closer look.

"It was flooded by the high school and just by Highway 63," he said, noting that police had to close off some roads to traffic.



Photos show cars at a Fort McMurray dealership being inundated with water after heavy rains caused localized flooding Sunday. COURTESY MADYSON DOUCET

Morais said he heard that many of his neighbours had flooding in their basements.

While vehicles with wheels were blocked from the flooded areas, that didn't stop Tyrone Kendell, another Gregoire

resident, of trying out his sea-doo in about four feet of flood water.

"A couple of my buddies dared me and I went through with it."

Kendell said he was out for

about five minutes before he saw the city's pump trucks coming and decided to get out of the way.

Darby Allen, director of emergency management for the municipality, said in an

85 mm

Fort McMurray received around 85 millimetres of rain in just two hours on Sunday.

email that the region received around 85 millimetres in just two hours on Sunday.

Environment Canada issued a rainfall warning for Fort McMurray and surrounding areas on Sunday morning and continued the warning later in the afternoon.

The forecast said some areas could receive thunderstorms that deliver 100 millimetres of rain or more.

By Monday, the flooding had subsided, leaving those with flooded basements to clean up yet again.

A wildfire spread into the city on May 3 and forced more than 80,000 people to leave for nearly a month.

It destroyed roughly 2,400 homes and other buildings, about one-tenth of the city.

WITH FILES FROM THE CANADIAN PRESS

COMPUTING Cloud data strategy rolled out

A federal proposal for the use of cloud computing makes it clear that the most sensitive data the government keeps about Canadians won't be allowed to leave the country.

Only information the government deems "unclassified" — meaning it's unauthorized release carries little, if any material or physical harm to the government or individual Canadians — will be allowed to cross the border, bound for cloud computing servers in other countries, under the government's newly released cloud computing strategy.

When data does leave the country, it must be encrypted, says the strategy that has been in development for more than a year.

Sensitive personal information on Canadians like social insurance numbers and top secret government data will remain on cloud servers in the country so the federal government maintains "sovereign control over its data," the strategy says.

THE CANADIAN PRESS

TOURNAMENT

Mind your fingers at Canada's shark derby

For most Canadians, sharks are objects of mystery and fear — unblinking, primeval monsters of the deep whose razor-sharp teeth are the stuff of nightmares.

In Nova Scotia, however, for a few weeks every summer they

are objects of desire.

Unique in Canada, the province hosts annual shark derbies every August, in which hundreds of anglers pay for a chance to land one of the top predators of the sea.

These fishing tournaments

have been closely monitored by the federal Fisheries Department since they started in 1993. Four are scheduled for the next two weekends: two in Cape Breton and two along the province's southwest shore.

"Just to feel it, even if it's a

little one, you've got something there that's very powerful," said George Benham, president of the 25th annual Lockeport Sea Derby. "It can run for a minute or two and a time, and the line is flying off the reel. It's exhilarating." THE CANADIAN PRESS



A 3.3m, 492kg mako shark caught at the 2004 Yarmouth shark derby. THE CANADIAN PRESS/HO-DEPARTMENT OF FISHERIES AND OCEANS, CANADIAN SHARK RESEARCH LAB



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IN BRIEF

Quebec politician Sylvie Roy died of hepatitis

A Quebec provincial politician who died suddenly Sunday succumbed to an acute hepatitis, one of her political aides said Monday.

The cause of Sylvie Roy's death was confirmed by Eric Vachon, a close confidant of Roy's.

Roy, an independent member of the Quebec legislature, passed away at L'Enfant-Jésus Hospital in Quebec City, surrounded by friends and family. She was 51. Her office said Roy had been hospitalized since late June with "serious discomfort" and her condition deteriorated rapidly. The exact cause of the illness — which attacks the liver — remains a mystery. THE CANADIAN PRESS

MARIETTES

Red Cross 'puzzled' by Nova Scotia vandalism

The Canadian Red Cross says a "misinformed vandal" went on a graffiti spree on its Nova Scotia headquarters and vehicles, protesting transgender blood-donation policies even though the charity hasn't collected blood for two decades.

The Red Cross said Monday signs around its building in Dartmouth, two trailers, two trucks, a van and a sedan were all defaced with permanent markers sometime late Friday or early Saturday.

The all-caps graffiti said the society "discriminates against trans women" and stated "all trans women are women. No surgery needed."

But the Red Cross said it hasn't collected blood since the 1990s, when Canadian Blood Services took over the job.

"We were a little puzzled because of the wording of the message," Dan Bedell, the Red Cross's regional communications director, said Monday.

"We weren't even aware of what the issue was, quite frankly, I had to look it up online. It was really misdirected against us."

Canadian Blood Services is changing its donor policies as of this month, saying on its website that it will accept donations from trans men one year after they have had genital surgery.

The Red Cross says staffers spent some of their long weekend cleaning up the mess, but some repainting may be necessary, including of the building's main exterior sign.

THE CANADIAN PRESS



Members of forces loyal to Libya's unity government take part in the military operations against Daesh in Derna neighborhood in the center of Sirte, 450 kilometres east of Tripoli.

MEDIA CENTRE OF THE GNA FORCES MILITARY OPERATION AGAINST IS IN SIRTE/HANDOUT/AFP/GETTY IMAGES

U.S. strikes Daesh from sky in Libya

COALITION

Action follows worries about group's rising threat to Europe

The United States launched multiple airstrikes against Daesh militants in Libya on Monday, opening a new, more persistent front against the group at the request of the United Nations-backed government, Libyan and U.S. officials said.

Fayez Serraj, the head of Libya's UN-brokered presidency council, said in a televised statement that American warplanes attacked the Daesh bastion of Sirte on the Mediterranean in northern Libya. No U.S. ground forces will be deployed, he said.

The precision strikes, which targeted a Daesh tank and vehicles, come amid growing concerns about the group's increased threat to Europe and its ability to inspire attacks across

the region, even though its numbers have been shrinking because of attacks from local forces and allied international troops.

"The presidency council, as the general army commander, has made a request for direct U.S. support to carry out specific airstrikes," Serraj said. "The first strikes started today in positions in Sirte, causing major casualties."

The strikes mark the start of a more intense American role in the fight against IS in Libya, as the U.S. steps in to assist the fragile, UN-backed government. They were the first strikes by the U.S. on the group in Libya since February, and they are expected to continue. But officials said they expect the air campaign will last weeks, not months.

Obama's authorization for action in Sirte covers strikes,

6,000

U.S. officials earlier this year estimated there were as many as 6,000 Daesh insurgents in Libya.

He also noted that the strikes will not go beyond Sirte and its surroundings. He said any other foreign intervention is not allowed without co-ordination.

His warning comes after several French commandos were killed fighting Daesh militants.

U.S., French, British and Italian special operations forces and military experts have been assisting Libyan troops fighting Daesh militants in eastern and western Libya.

THE ASSOCIATED PRESS

TEXAS

Hot-air balloon pilot flew despite drunk driving past

The pilot of a hot air balloon that crashed in Texas, killing 16 people, was able to keep flying despite having at least four convictions for drunken driving in Missouri and twice spending time in prison.

Whether the pilot's drinking habits had anything to do with the crash was unclear. A former girlfriend described Alfred "Skip" Nichols as a recovering alcoholic. She said he had been sober for at least four years and never piloted a balloon after drinking.

Nichols, who had been

stripped of his driver's licence at least twice, "couldn't drive a car but he could pilot a hot air balloon," said an attorney who represented a passenger who sued Nichols in 2013. The passenger said she was hurt when Nichols crash-landed a balloon in the St. Louis suburbs.

Had he been a commercial airplane pilot, Nichols probably would have been grounded long ago.

The Federal Aviation Administration might allow a recovering alcoholic to fly commercial jets if the pilot could show that

he or she was being successfully treated, said John Gadzinski, an airline captain and aviation safety consultant. But the agency is unlikely to accept an airline pilot with convictions for driving under the influence, he said.

The 49-year-old Nichols also had a long history of customer complaints against his balloon-ride companies in Missouri and Illinois dating back to 1997. Customers reported to the Better Business Bureau that their rides would get cancelled at the last minute and their fees never refunded. THE ASSOCIATED PRESS



A crew hoists a bag holding the remains of the hot air balloon.

DEBORAH CANNON/AUSTIN AMERICAN-STATESMAN VIA THE ASSOCIATED PRESS

IN BRIEF

Zika warning issued for Miami

Government health officials warned pregnant women Monday to avoid a Zika-stricken part of Miami and told couples who have been there recently to put off having children for at least two months, after the number of people feared infected through mosquito bites in the U.S. climbed to 14.

THE ASSOCIATED PRESS

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Hotels embrace future of travel

TOURISM

Smartphone apps to enable keyless entry to suites

The last thing weary travellers want to do is to wait in line for their hotel room key.

That's what hotel chains believe, and thanks to technology, they have already begun to offer entry via smartphone.

In the hotel room of the future technology will simplify things. There will be one less plastic card to lose and technology will anticipate your needs, switching on lights or dispatching a robot to deliver extra towels or pillows.

Keyless entry is available at the Aloft Hotel in Vaughan, Ont., where people can check in using the Starwood app, get a notification when their room is ready, and be sent their room number, without talking to anyone.

"It's very easy to lose your

key, but you never lose your phone," said Matt Rattray, general manager of the hotel, next to the Vaughan Mills shopping mall. "Guests like to bypass the front desk."

On a recent visit, Rattray found three guests had used the keyless entry program by early afternoon, though they must have stayed previously at that hotel at least once to bypass the front desk entirely.

And don't think about using it as a way to sneak around for secret trysts, because only one guest can use their smartphone at a time.

Rattray says the Aloft hotel fo-



Four Points Sheraton hotels is testing a smart mirror offering news, sports scores and the weather forecast. CONTRIBUTED

cuses on technology, ensuring a 100 megabits per second speed for its Wi-Fi, which is available throughout the hotel — along with plenty of outlets where users can charge devices at tables in the lobby.

That reflects a growing desire for the third place — not your home, not your office, but another space to work. Call it the Starbucks effect.

The Starwood chain has the Botlr — a robot that can deliver items to guests. But it can't knock, so it's programmed to call a room on arrival so the guest can retrieve their item.

The idea behind the robot is to get rid of customer pain points such as waiting in line to ask an employee a question.

"If you can offload the 10 most frequently asked questions to a front desk person, you're freeing that person up to check people in faster, anticipate guest needs and react to requests faster," said Jim Holthouser, executive vice-president for global brands at Hilton. TORSTAR NEWS SERVICE



Meet the Botlr — a robot being rolled out at Aloft hotels in the U.S. If you need extra towels or a toothpaste, send the request from your smartphone and the Botlr will be right up. CONTRIBUTED

Customer service gets a tech upgrade

Robot concierge: Hotels are using robots to do some repetitive tasks, such as fetching extra towels or pillows. The Hilton chain has Connie, while at Starwood, there's the Botlr, which executives say frees up staff to help guest with other tasks.

Plug and play: With travellers arriving with multiple devices, often loaded with favourite shows or movies, hotels are making sure they can be played on the room's TV.

Instant chat: Marriott says its check-in and check-out service on its app is popular, and it lets guests use chat feature to ask specific questions.

Quick feedback: Hotels.com will ask guests to send real-time reviews upon check-in — click on a smiley face or frowny face to a few simple questions including the room and location, and problems can be promptly fixed. TORSTAR NEWS SERVICE

FIRST NATIONS

Feds' approval of Site C draws criticism

First Nations and environmental groups say they're outraged after the federal government quietly issued permits last week allowing a controversial hydroelectric project in northeastern British Columbia to ramp up construction.

On Friday, the Department

of Fisheries and Oceans cleared the way for the province's power utility to move forward with the Site C dam.

The multibillion-dollar project would create an 83-kilometre reservoir, flooding farm land along with hunting and fishing territory of First Nations.

Stewart Phillip, head of the Union of B.C. Indian Chiefs, calls the move an absolute betrayal.

Ken Boon of the Peace Valley Landowner Association asks how such a complex and costly project could be given approval discreetly on the Friday before

a long weekend.

Site C is the subject of multiple legal challenges, though the government's recent authorizations mean construction of the megaproject won't slow down while grievances make their way through the courts.

THE CANADIAN PRESS

IN BRIEF

Gawker founder files for personal bankruptcy

Gawker founder Nick Denton filed for personal bankruptcy Monday in the aftermath of a Florida jury's awarding \$140 million to Hulk Hogan in a privacy case revolving around a sex tape posted on Gawker.com. As a result

of the verdict, which is being appealed, Gawker's parent company has gone into bankruptcy. Denton's bankruptcy filing Monday says he owes \$125 million to Hogan, a former professional wrestler. Filing helps him keep Hogan from collecting.

THE ASSOCIATED PRESS

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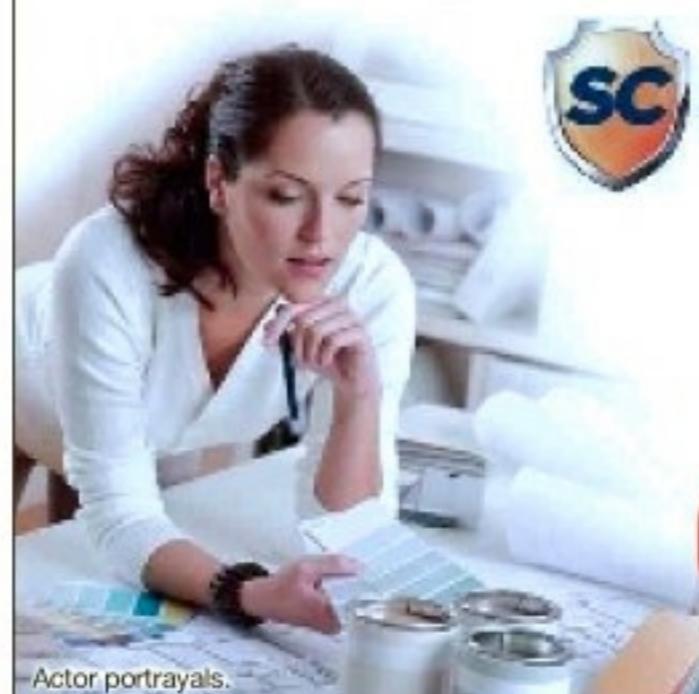
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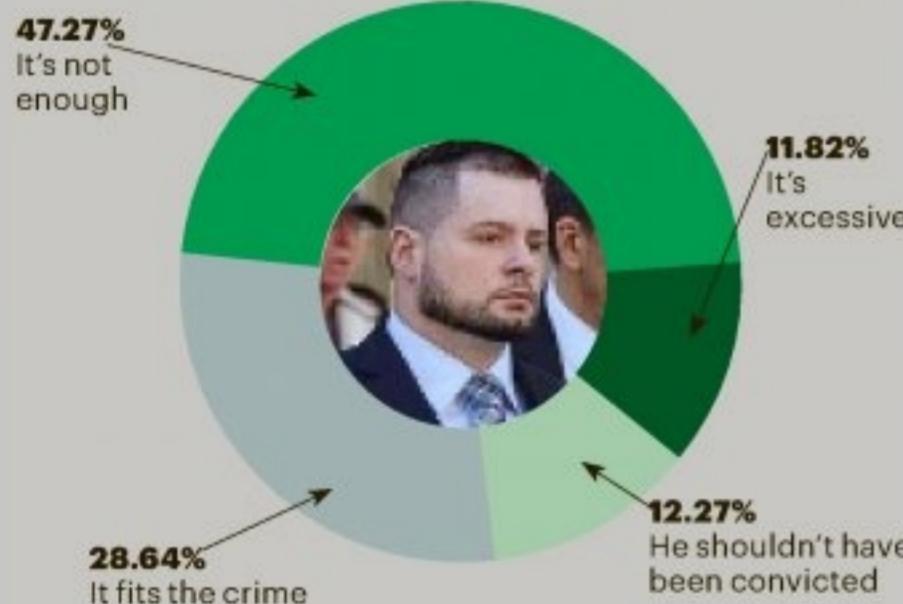
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METRO POLL

Was James Forcillo sentenced fairly?

In January, Toronto police constable James Forcillo was convicted of attempted murder for shooting Sammy Yatim, 18, on a streetcar. Last week, Forcillo was sentenced to six years in prison. The judge said that six of the nine shots fired by Forcillo were "unnecessary and unreasonable and excessive." Forcillo's lawyers have said that he is the only police officer in Canada to be convicted and sentenced for attempted murder. We asked for your take.

1 What's your opinion of Toronto police constable James Forcillo's six-year sentence?



WE ASKED Metro readers

Sammy was being held captive in the streetcar. None of the 9 shots needed to be fired.

8-10 years would have been more just, and perhaps stood as some sort of deterrent in the future.

Police should be tried like everybody else.

When the people who we entrust to uphold the law break it. The consequences should be greater. The sentence was not enough.

He was just doing his job, he is not a criminal.

The gun can't be the answer to every confrontation ... Officers need better training.

If you truly read the details and reasoning behind the sentencing with an open mind, the decision/sentence is well thought out.

visit metronews.ca
HAVE YOUR SAY



ROSEMARY WESTWOOD

Couples preparing for each other's death: The final compromise

If, like me, you're in your 30s, you might also have reached the stage in life when your parents plan their funerals.

It's a reasonable enough conversation. Cultural and religious norms that were once automatic have been usurped by personal preferences; we've undergone a democratization of death. But an underlying tension remains: Do we mark death for the dead or for the living?

"Once you have died, it's about the people who've been left behind," my mum told my dad. They were in the kitchen, and she'd just returned from a Catholic funeral-info session, covering what personal details a priest might need for the service and keeping the eulogies short and sweet.

Mum, the religious one, had come away with an interesting idea: She would be planning her own funeral, yes, but also my non-religious dad's.

You'll have a church service said in your name, she told him. For her sake.

"I will?" "You can't just die and be put in our compost bin," she said.

What about being cremated in the barbecue "until I fit in an urn," he countered playfully.

"You'll be sorry one day," she warned. But she agreed there should be a party: "We'll get drinks, a couple of frozen lasagnas and some Caesar salad."

"Oh thanks, big spender!" "It'll be a wake — lots of

drinking going on. Where it is and how it works out, we'll have to see about that," she said.

"I have got to get busy on this one," said dad.

Neither has any need for a cemetery plot, they said, which is just as well. Those are becoming elusive, and pricey: Toronto might be out of death space in 10 or 15 years, and Vancouver's plots were going for \$25,000 last year.

Mum redoubled: Not a full funeral for dad, but a mass held in his name at the Catholic church where she's a scripture reader, a gardening volunteer and the new head of an environmental group.

"I could still say what readings we do and what songs we sing," she told him.

"You can say, or I can say?" Dad asked. Then, to me, with a grin: "When mum goes to bed, she still goes to her bed. I can see this is going to be an interesting process."

Listening to them, it occurred to me that this was probably the most logical way for a couple to think about death. That is, collaboratively. Since they've spent their lives compromising and caring for one another's needs, why not carry that right on into funerals? Thus: No surprises, no disappointments, and perhaps even the extra comfort that the very last act in your life as a couple, you did together.

Listen to 'Nth Wave,' Rosie's podcast on women & media, at metronews.ca/podcasts

Time for changes to ensure female passengers feel safer

HALIFAX MATTERS

Stephen Kimber



- Check the posted driver's licence and photo;
- Sit in the back seat behind the driver;
- Keep their cellphone handy in case ...

Last week, Halifax police outlined what women who take cabs "can do for their own personal safety." The warnings follow a spike in reported sexual assaults in taxis: five in the last year, three in the last month. Women should:

- Telephone, rather than hail a taxi so there's a record of their call;
- Note the taxi company name and roof-light number;

The onus, unfortunately, will still be on victims to report their assaults ...

Authorities, of course, have prime responsibility. "The onus," Mayor Mike Savage correctly noted, "has to be on us, on the industry ... to make sure we provide a safe environment."

In addition to announced plans to distribute taxi-number sticker decals to post inside each cab, regulators should re-examine driver licensing and training procedures, and require every cab to have a dashboard cam and GPS tracking device.

Washington, D.C., now even requires all its cabs to be equipped with silent backseat "panic buttons" so threatened passengers can immediately notify police dispatchers.

And New York — where 14 of 166 reported rapes last year were committed by taxi drivers — is considering legislation fining and/or

suspending drivers for even "engaging in any conversation related to sexual acts and sexual contact, or any other matter relating to ... gender, physical appearance, expressing a desire to see or touch another person's body or expressing a desire to enter into any type of relationship ..."

Even with all of that, of course, the onus, unfortunately, will still be on victims to report their assaults — and to provide police with as much identifying information as possible.

Making most of those police "personal safety" suggestions unfortunately necessary.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Tuesday.

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Economy, debt, gun control

AMERICA VOTES

Twin activists offer insight into millennial politics

Genna Buck
Metro Canada

They couldn't be less like the stereotype. Far from being shiftless, lazy millennials, Jack and David Cahn, at just 20, have organized student movements, travelled across the United States as champion debaters and embarked on engineering studies at the University of Pennsylvania.

And now, in time for the 2016 U.S. presidential election, they've penned *When Millennials Rule: The Reshaping of America*. It's a comprehensive look at the hopes, dreams and political leanings of the 80-million-strong cohort born between 1980 and 2000, who will come to dominate American public life in the near future.

David Cahn sat down with Metro. The following is edited and condensed for clarity.

We've had a couple of nutty weeks in American politics. From the millennials' eye-view, what struck you from each of the conventions?

The most impactful moment of both conventions was President Obama's speech. Millennials elected him. They were disappointed in him for the first few years, but he



In their new book *When Millennials Rule*, David, left, and Jack Cahn write that millennials are realists not ideologues. CONTRIBUTED

will be remembered by history as a president millennials support and love, and they'll compare future presidents to him.

I saw Donald Trump's speech (at the Republican National Convention). This is my personal reaction — I'm not speaking for millennials now — this was his "I'm a fascist" speech. It was almost out of a history textbook.

You read about how these leaders came to power by preying on people's fears. I mean, verbatim, that's what he said. He said "You are in danger."

Talk about the core millennial values you've identified

— optimism, authenticity and tolerance. Why these three?

We travelled around the country talking to millennials. We went through a lot of research reports and surveys, and these are always in the top five. First, authenticity: I mean look at their votes for Ron Paul (in 2012) and Bernie Sanders. People are really searching for authenticity. As for optimism, just look at Obama's message. Even though two-thirds of millennials are living paycheque to paycheque, 80 per cent think they're going to be better off than their parents. It doesn't get more optimistic than that. And tolerance for divers-

ity: American public schools today are majority minority. We have a much different perspective on immigrants and on (minority) groups, because we've been integrated with them.

You write that millennials are realists, not ideologues. But this is an incredibly ideological election. The Bernie or Bust crowd are the opposite of realists.

I disagree with that. Millennials did not support Bernie Sanders because of his ideology. They want change. And (Sanders) talks about the issues that matter to young people. He's the one talking about Black Lives Matter. He's

the one talking about college debt. He is a pragmatic, non-ideological choice.

Who's going to win millennials in November?

I'm very confident Clinton will win a broad mandate with millennial voters — if they show up to the polls.

How can she make that happen?

She has to make a positive case for herself. Millennials will just sit out this election if they feel it's a choice between the lesser of two evils. She needs to talk about the issues that matter to millennials, to everybody. That's the difference between pandering and

being authentic.

What are those issues?
The economy, student debt, and gun control.

Gun control, really?
Yeah, surprisingly. According to the justice department, one in five millennials has seen a shooting. That's a terrifying number. These are the people feeling the impact (of gun violence) the hardest.

Millennials, you write, have contempt for politicians. Where's that coming from?
Millennials have had maximal exposure to just how broken the political system is. In 2000, the first millennial election, the Supreme Court chooses the president. In 2008, we elect a president who is supposed to change everything, but in 2012, millennials still don't have jobs, and Mitt Romney says 47 per cent of the country is moochers. And 2016 we have Trump and Clinton. It seems like it gets worse every time.

You are both engineering students, but you wrote this political book. Are you pivoting toward a life in politics? Even a run for office?

This book highlights just how differently millennials think about public policy. If they think about making change, they think about apps, and about the Internet and entrepreneurship, not about running for office. I can make a bigger impact there than I could in politics.

THE TOP 6@6

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- 2 DJ Khaled ft. Drake *For Free*
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MONEY MATTERS

Many things can influence impulse buys, so beware

Gail Vaz-Oxlade
For Metro Canada

Whenever I have a big purchase to make, I imagine buying it or place the item in a "shopping cart" online, then sleep on it for a few days.

I find that if I load up the cart in my brain and then sleep on it, I can decide with fresh eyes how much I really want what I've put in my cart, and whether I'm happy with the price.

Heaps of things can influence your desire to impulse shop. According to research, most impulse purchases are made because the item is on sale. Yup, just the idea that you may be getting a bargain is enough to make you dig into your wallet.

Thing is, if you're responding on impulse, how can you possibly know if you are getting a good deal? And if you're responding to a percentage off, what does that mean in real dollars saved versus the very real dollars spent?

It's not just the numbers or words on the sale sign that will

grab your attention. Colour can draw you in and keep you focused. Strong contrasts, like black and yellow, are key. In fact, bright yellow has been proven to be the most visible colour, and when we see black and yellow together, we have an instinctive reaction — an ancient collective memory — that keeps us paying attention.

Even our means of transportation can impact our impulse purchase. Not surprising really. We might be willing to fork over money and lighten our wallets, we're far less willing to carry our stuff. That's why shoppers who arrive by car instead of on foot are 44 per cent more likely to make an unplanned purchase.

Emotions play a huge role in our desire to impulse buy. If we're angry, stressed, guilty or bored, we're more likely to impulse purchase. No doubt that's why instead of buying useful or necessary stuff, impulse shoppers buy things that put them in a better mood.

That old adage "don't go shopping on an empty stomach" doesn't just apply to grocery shopping.

Psychologists at the National University of Singapore had participants shop in a room with an unscented candle or in a room with a cookie-scented candle.

The women exposed to the yummy smelling candle made more unplanned purchases. In fact 50 per cent more women



Strong contrasts like black and yellow cause our attention to perk up. iSTOCK

made purchases in the cookie room even though both groups were told that they had a tight budget. Stimulating the appetite causes people to crave immediate gratification, even if the actions aren't in their best interest.

If you scratch the itch in the store, it's an impulse buy. When

you realize you need something and then set out to get it, that's purposeful shopping. If you recognize the need away from the temptation to shop, it's what psychologists call "problem recognition" and you're much more likely to shop smart.

That's where sleeping on it

comes into play. If you walk away from the idea of the buy, giving your brain enough time to weigh the actual benefits (what said purchase will do for you) against the actual costs (money and missed future opportunities), you're moving from impulse shopping to problem recognition

(and satisfaction). The next time you think you want to, need to, have to buy something, go home and sleep on it.

For more money advice, visit Gail's website at gailvazoxlade.com


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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

A Boston Public Schools initiative will allow students to sign up for wake-up calls from David Ortiz designed to help inspire kids to get out of bed

Something's in the water

ROAD TO RIO Contaminated coastline

'Don't put your head under,' expert warns

Just days ahead of the Olympic Games the waterways of Rio de Janeiro are as filthy as ever, contaminated with raw human sewage teeming with dangerous viruses and bacteria, according to a 16-month-long study commissioned by The Associated Press.

Not only are some 1,400 athletes at risk of getting violently ill in water competitions, but the AP's tests indicate that tourists also face potentially serious health risks on the golden beaches of Ipanema and Copacabana.

The AP's survey of the aquatic Olympic and Paralympic venues has revealed consistent and dangerously high levels of viruses from the pollution that has set off alarm bells among sailors, rowers and open-water swimmers.

The first results of the study published over a year ago showed viral levels at up to 1.7 million times what would be considered worrisome in North America or Europe. At those concentrations, swimmers and athletes who ingest just three teaspoons of water are almost certain to be infected with viruses that can cause stomach and respiratory illnesses and more rarely heart and brain inflammation — although whether they fall ill depends on factors like the strength of one's immune system.

Since the AP released the in-



Beach goers swim at Copacabana Beach on Sunday in Rio de Janeiro. RYAN PIERSE/GETTY IMAGES

itial results last July, athletes have been taking elaborate precautions to prevent illnesses that could potentially knock them out of the competition, including taking preventative antibiotics, bleaching oars and donning plastic suits and gloves in a bid to limit contact with the water.

But antibiotics combat bacterial infections, not viruses. And the AP investigation found that infectious adenovirus readings — tested with cell cultures and verified with molecular biology protocols — turned up at nearly 90 per cent of the test sites over 16 months of testing.

"That's a very, very, very high percentage," said Dr. Valerie Harwood, Chair of the Department of Integrative Biology at the Uni-

248M

The most contaminated point is the Rodrigo de Freitas Lagoon (rowing). In June, adenovirus readings were still a hair-raising 248 million adenoviruses per litre. In California, viral readings in the thousands per litre set off alarm bells.

versity of South Florida. "Seeing that level of human pathogenic virus is pretty much unheard of in surface waters in the U.S. You would never, ever see these levels because we treat our waste water. You just would not see this."

Testing at several of the city's

world-famous beaches has shown that in addition to persistently high viral loads, the beaches often have levels of bacterial markers for sewage pollution that would be cause for concern abroad — and sometimes even exceed Rio state's lax water safety standards.

In light of the findings, Harwood had one piece of advice for the 300,000-500,000 foreigners expected to descend on Rio for the Olympics: "Don't put your head under water."

Swimmers who cannot heed that advice stand to ingest water through their mouths and noses and therefore risk "getting violently ill," she said.

Despite a project aimed at preventing raw sewage from flowing

directly into the Gloria Marina through storm drains, the waters remain just as contaminated. The first sampling there, in March, 2015, showed over 26 million adenoviruses per litre; this June, over 37 million adenoviruses per litre were detected.

The local organizing committee has previously said bacterial testing conducted by Rio state authorities has shown the aquatic venues to be within state guidelines.

The crux of the issue lies in the different types of testing used to determine the health and safety of recreational waters.

Bacterial tests measure levels of coliforms — different types of bacteria that tend not to cause illnesses themselves but are indicators of the presence of other, potentially harmful sewage-borne pathogens such as other bacteria, viruses and protozoa that can cause cholera, dysentery, hepatitis A and typhoid, among other diseases. Bacterial tests are the worldwide standard because they're cheap and easy.

But there's a growing consensus that they're not ideal for all climates, as bacteria break down quickly in tropical weather and salty marine waters. In contrast, viruses have been shown to survive for weeks, months or even years — meaning that in tropical Rio low bacterial markers can be completely out of step with high virus levels.

The testing also revealed alarming spikes in fecal coliform levels — the very measure the state government uses to determine the safety of Rio's recreational waters. THE ASSOCIATED PRESS

IN BRIEF

Liriano deal likely means Sanchez move to Jays' pen

The addition

of veteran

pitcher

Francisco

Liriano

assures that

all-star Aaron

Sanchez will

be heading to

the Blue Jays

bullpen.

The 32-year-old Liriano was acquired by Toronto in a trade with the Pittsburgh Pirates on Monday in exchange for right-hander Drew Hutchison.

In other deals on Monday, Toronto acquired right-handed pitcher Scott Feldman from the Houston Astros in exchange for pitching prospect Gaudalupe Chavez. The Blue Jays also got righty Mike Bolsinger from the Los Angeles Dodgers for reliever Jesse Chavez and cash considerations.

THE CANADIAN PRESS

Gagner to join Columbus

The Columbus Blue Jackets have signed forward Sam Gagner to a \$650,000, one-year deal.

Agent Jeff Jackson confirmed the terms of the contract, which Gagner signed exactly a month into NHL free agency.

Gagner is a low-risk, high-reward signing for Columbus after his previous contract was worth \$4.8 million a year. He's 26 and has 124 goals and 228 assists in 615 games. THE ASSOCIATED PRESS

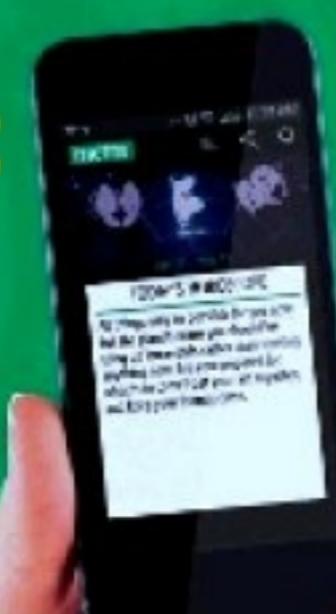
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RECIPE Green Goddess Salad



PHOTO: MAYA VISNEV

Ceri Marsh & Laura Keogh
For Metro Canada

You could add grilled chicken or shrimp to this creamy and crunchy salad or you could give the stove a break and enjoy a crisp, cool, vegetarian dinner.

Ready in
Prep Time: 5 minutes
Total Time: 10 minutes

Ingredients

- 6 or 7 stalks of asparagus
- 2 or 3 handfuls of Boston or Bibb lettuce
- 1/2 English cucumber
- 1 handful of cherry tomatoes
- 1/2 avocado
- 1/4 cup feta cheese, crumbled
- Dressing
- 1/2 avocado
- 3/4 cup buttermilk
- 2 Tbsp chives, basil
- 3 tsp white wine vinegar
- 1 tsp anchovy paste

• 1 cup scallions

Directions

1. Put the dressing ingredients in a blender and whiz away.
2. Steam your asparagus for 3 to 5 minutes until they are crisp tender. Plunge them in cold water to stop them from cooking.
3. Wash and dry all of your other veggies. Tear and arrange your lettuce on a plate or platter.
4. Take the half, pitted avocado and cut into cubes. Scatter across the lettuce.
5. Cut up the asparagus into small pieces, about 2 inch lengths. Toss those on. Scatter the cucumber and tomatoes over your salad. Slightly dress the salad before covering in feta.

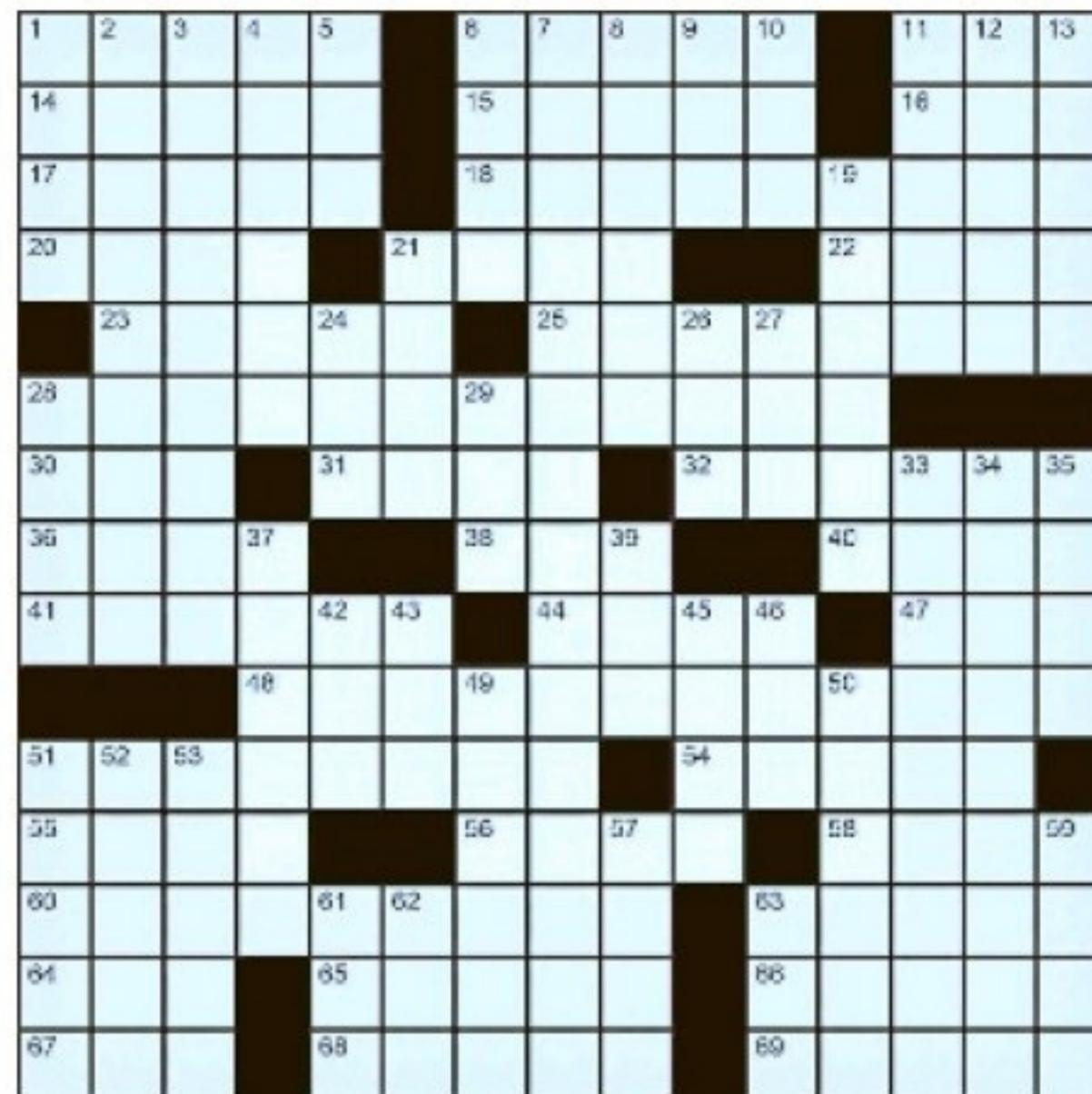
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Do alterations to the client's old suit
6. English-speaking Quebecer, commonly
11. —med student
14. Offer one's point of view
15. Rock drill
16. Red Cross mission
17. Bette Davis' character in "All About Eve" (1950)
18. — out (Expanding one's business, perhaps)
20. Plaintiff
21. Paving stone
22. "Come on, Dover, move yer bloomin' —" - Eliza in "My Fair Lady" (1964)
23. Fido's collar attachment
25. Away-from-work breaks
28. Serving on a Canadian carnivore's breakfast plate: 2 wds.
30. Classic TV Cousin
31. Mr. LaBeouf
32. Group of four
36. Editor's 'let it stand'
38. Water channel, e.g.
40. Reasonable
41. Get the drink to fizz
44. Diplomacy
47. Murder trial proof, commonly
48. Canadian Museum of (Former name of the Canadian Museum of History in Gatineau, Quebec)



50. Little Bear constellation: 2 wds.
51. Beta-__
54. Wide assortment
55. Sort of lily
56. "That is __ out guitar!" ...exclaimed the '60s hippy rocker
58. Salt Lake City state
60. "Turn! Turn! Turn!" by The __
63. "Why __ longer receiving the magazine?"
64. Maritime message
65. Not hidden
66. Do the cha-cha
67. Farm animal
68. "Turn! Turn! Turn!" by The __
69. Wrath

69. Wrath
- DOWN**
1. Followers of CD-2
2. Military uniform's shoulder adornment
3. Circus performer, for example
4. "Just Once" singer James
5. Racing's Mr. Fabi
6. French monasteries Superior
7. Saskatchewan city: 2 wds.
8. Dei __ Regina (By the grace of God,
51. Reason
52. Bow's shot
53. Russian, in Montreal
57. " __ & Minds" (Old show on Bravo)
59. Gardener, at times
61. Gang
62. Brick foliage
63. C-A-N-__

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today's New Moon is the best day all year to look at the balance in your life with work versus play, socializing and appreciating your creativity. Life should not be all about work.

Taurus April 21 - May 21
This is the best day of the year to see ways to improve your home and your family relationships. It's a great day to make resolutions!

Gemini May 22 - June 21
Today's New Moon is the perfect day to think about your style of communicating to others. Are you clear in all your communications?

Cancer June 22 - July 23
You are frugal by nature. Nevertheless, today is the only New Moon all year urging you to make resolutions about how you handle your wealth.

Leo July 24 - Aug. 23
Because you are disciplined today, you will accomplish a lot. Examine the structures in your life to see what is really working and what is not.

Virgo Aug. 24 - Sept. 23
Take a moment today to think about the values that guide you on a daily basis. This is something we take for granted and often never think about.

Libra Sept. 24 - Oct. 23
Today's New Moon is your opportunity to think about how you can improve your friendships and your relationships with groups. After all, there's always room for improvement, isn't there?

Scorpio Oct. 24 - Nov. 22
People skills are important, especially when dealing with bosses and VIPs. How are your skills for dealing with authority figures?

Sagittarius Nov. 23 - Dec. 21
You love to travel, and you love to learn. Today's New Moon urges you to think of ways to enrich your life through travel and further study.

Capricorn Dec. 22 - Jan. 20
Each New Moon is a chance to make resolutions. Today's New Moon offers you a chance to think about how to get out of debt and handle shared property in a better way.

Aquarius Jan. 21 - Feb. 19
What can you do to improve your partnerships and closest relationships? This might be the best day of the year to think about this. Be honest with yourself.

Pisces Feb. 20 - March 20
Today's New Moon is your chance to think about how to improve your health, as well as how to improve your job or how you do your job.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5	6		8	3	2
		6	4	9	5
2			3		7
	2		9	5	3
	9			2	
4	7	5			8
	6		7		1
3	5	2	1		
1	4	9		3	8

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